

GTMO "MAYOR" ENDS TOUR

By JOC Ric Evans
Naval Base Public Affairs

In a whirlwind of last-minute activities, Captain Bob Buehn, Commander Naval Base since May 2000, spent the week rushing from one location to another, talking to as many people as possible and thanking everyone for their assistance during his tour.

A lot of changes have taken place over the past three years. Naval Base had been on a long downhill run to minimum pillar status as the Captain walked into a job that probably looked as though it would be a quiet tour.

Used to the high tempo activity of squadron life and flying jets, Captain Buehn didn't just sit back and juggle golf dates and fishing trips. He immediately set to work developing an effective and productive working relationship with the Commander of the Cuban Forces outside the base through the monthly fenceline meetings, a relationship that has proved valuable under the current mission.

He worked on developing a most effective use plan for the minimum manning levels we were quickly developing.

Although the usual problems of travel off base and shortages of supplies coming on base presented some frustrating challenges, things were running well and we were making progress on several fronts.

September 11, 2001 changed everything.

Almost immediately, GTMO did an about face and began to prepare for an uncertain future in the war on terrorism. Little did anyone here know that we would play such an important, and highlighted role in that effort.

Continued on page 3



MGen Miller presents Captain Buehn the Defense Meritorious Service Medal (with framed certificate - inset at left) at ceremonies on McCalla Hill. Buehn is given a traditional aviator farewell wetting down (inset above) at OMD following his final helo flight here.

Force Protection

Control vegetation around quarters to eliminate hiding places. GTMO Self-Help can provide proper tools.

Energy Conservation

Shade sun-exposed windows & building walls.

Water Conservation

Mar. 17 - 23

Used 7,070,341.0
Daily avg. 1,010,048.7
Daily goal 1,000,000 gal

We spent \$1,336.48 over our budget for the week.

U.S. Naval Base Guantanamo Bay

Gazette

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This newspaper is an authorized publication for members of the military services stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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Reef Raiders 5th Annual Easter Egg Hunt

For scuba, snorkelers and kids of all ages

*Open to all Base residents - bring the whole family.
Great prizes for kids and adults!!*

Saturday, April 12th

Registration at 8am; Events begin at 9am.

\$5 per person, \$10 for families of 2 or more.

Includes games, lunch, prizes.

FMI: 5666 or 5336.

Command Financial Specialist (CFS) Training

April 21-25, 7:30am - 4pm at the Fleet & Family Support Center

Attendees should be E-6 or above, have command approval, and have at least one year left at their command. We need highly motivated, financially stable individuals who will actively assist others and attend bi-monthly CFS forums to exchange information and keep up with the many changes affecting the personal finances of service members.

To register, call Paul Walker at the FFSC, 4141.

1st Annual Submarine Birthday Ball 2003
12 April 2003
Windjammer Ballroom

6pm - Cocktails
7pm - Ceremony/Dinner/Dancing

Dinner - Chicken Marsala, Noodles, Broccoli,
Dinner Roll, House Salad,
Tea & Coffee

Make & Bring Your Own Submarine Themed Center
Piece (Individual or Group Effort)
Prizes for Best Overall
& Most Original

Tickets
E1-E3 - \$6 E4-E6 - \$12
E7-O3 - \$20
O4 & above, Civilians - \$24

For Tickets or Information, contact:

Cmdr. Reed, 4606; Lt. Cmdr. Risley, 4601; Lt. j.g. David Anderson, 7959; CMDM(SS) Steiner, 4474; YNC(SS) Perryman, 4454; JOC(SS) Williams, 3071; MSC(SS) Mills, 4345; MS1(SS) Lee, 4345; or MA1(SS) Taylor 2140.

A RELUCTANT FAREWELL - CONTINUED FROM COVER

As Capt. Buehn has said repeatedly in talking to groups over the past few weeks, "we were running on bursts of adrenalin when all of this began and we got the job done, but I'm afraid the more difficult job lies ahead in the sustainment phase."

Guantanamo Bay knows how quickly the last few weeks of a tour go by. Every day brings new deadlines and new interruptions to what is usually a very carefully planned agenda of checkout items and tasks to be performed at precise intervals. Then unexpected events insert themselves into that schedule and throw everything off kilter.

Visits from Governors, Admirals, teams of personnel on assistance or inspection visits... all of this wrapped up for Capt. Buehn late yesterday afternoon, (after our publication deadline) with the Naval Base Change of Command where Capt. Buehn was relieved by Capt. Les McCoy.

Wednesday afternoon, Major General Geoffrey Miller, Commanding General of Joint Task Force Guantanamo presented the Defense Meritorious Service Medal to Capt. Buehn (front page photo and left inset). Many JTF and Naval Base personnel and friends gathered at the flagpole on McCalla Hill for the presentation. MGen Miller praised Captain Buehn's accomplishments and his ability to skillfully handle the extraordinary tasks required during his tour as "the GTMO



Dept. of State Representative Tom Gerth presents Capt. Buehn with a Letter of Appreciation from the State Dept. for his efforts in fostering a cooperative and professional relationship with local Cuban Leadership. Capt. Buehn has been instrumental in developing a trusting and cooperative relationship based on effective communication during his three-year tour here. As Gerth stated, Capt. Buehn's relationship with the Cuban leadership across the fence was an instrumental factor in the local Cuban Forces pledge to strengthen area shore and air defense systems to the benefit of Naval Base.

Mayor."

Thursday, the ceremony officially ended Capt. Buehn's tour here and this morning he left for his next tour as the Chief of Staff, Enterprise Carrier Group out of Mayport, Florida.

Debi Buehn, Tim and Will Buehn remain behind to complete the school year before joining Capt. Buehn.

To All the Buehn Family, Guantanamo Bay wishes Fair Winds and Following Seas.



The Guantanamo Bay Chief Petty Officers Association and Senior Enlisted Leaders gathered at the Lighthouse grounds where Capt. Buehn was receiving a briefing on the progress toward a flawless Change of Command Ceremony to present parting gifts to the Captain in appreciation of his support through his tour here.

NEWS BRIEFS

Tax Center Update

The Naval Base Tax Center is open in Building 760 inside the Legal Assistance Office. Hours of operation are Mondays, Wednesdays and Fridays from 9am to 5pm and Tuesdays and Thursdays from 9am to 7pm. Call 4314 to make an appointment.

The center had completed more than 190 tax returns - a service valued at \$24,027. The total amount of refunds is over \$325,200.

Play Group to Resume

GTMO Community Play Group will resume on Monday, April 7 at the Chapel Nursery Room 18 from 10 to 11am.

Please contact Donna Hudson Coakley at 2072 if you have any questions.

SPOA to Host Talent Show

The Senior Petty Officers' Association (SPOA) is sponsoring a Talent Show May 2.

Tryouts for the event are scheduled for April 22 and 24. Times for tryouts will be announced at a later date. Watch the Gazette and Roller for details.

Proceeds from the show will go toward scholarships for W. T. Sampson High School seniors.

The SPOA would like to invite all First and Second Class Petty Officers to our meeting on Friday, March 21 from 11:30am to 12:30pm at the Windjammer, second floor in the Acey Ducey Room. Come out, have fun and get involved.

Vehicle Claims

The NAVSTA Security Department, has 26 abandoned vehicles in its impound lot. If no one claims the vehicles, they will be disposed of. To reclaim an impounded vehicle contact Security Logistics at 4331.

MWR Spring Festival

Celebrate the Month of the Military Child and Child Abuse Prevention Month with an Easter Egg Hunt and carnival, Saturday, Apr. 19 from 10am to 2pm at Cooper Field. The hunting begins at 10am with instructions and follows with ages 0-2, 3-5, 6-8, 9-12, 13-18 and adults at 10min. intervals.

Free hot dogs, chips and drinks. The event is co-sponsored by FFSC, DODEA and Security.

MWR Program Change Notes

In order to maintain quality programming and recreational support to **you**, Morale, Welfare and Recreation is required to institute the following program changes effective 1 April, 2003.

PROGRAM: TAE KWON DO MONTHLY CLASS FEE

Adult Class Fee: \$20 per month

Youth Class Fee: \$20 per month

Participants must pay the monthly class fee at the G.J Denich gymnasium and show their receipt to the TKD instructor. The monthly fee will cover the cost of all classes held for that particular month. Fees cannot be prorated or carried over to the following month. MWR values your support and encourage our valued patrons to participate in this quality program.

PROGRAM: GOLF CART / LOCKER MONTHLY STORAGE FEE

Golf Cart Storage Fee: **\$20 per month**

Golf Locker Storage Fee: **\$10 per month**

Patrons wanting to store their personal golf carts or personal golf lockers in the MWR Golf Shed are required to pay a monthly storage fee of \$20 and \$10 dollars respectively. Patrons must pay their monthly storage fee at the G.J Denich gymnasium and will receive a copy of their monthly golf cart rental slip as proof of payment.

PROGRAM: INCREASED GOLF CART RENTAL FEE

Golf Cart Rental Fee: **\$10 per round of play**

Celebrate Your Library

In a speech made by First Lady Laura Bush, a former librarian herself, she quoted Washington University Professor William H. Gass: "The library is meant to satisfy the curiosity of the curious, and offer to stuff students with facts. It is supposed to supply handbooks to the handy, novels for insomniacs and scholarship for the scholarly."

April 6 -12 is National Library Week, a time to celebrate your library and rediscover all that it has to offer.

Libraries are part of the American dream. Whether you're checking out the latest bestseller,

researching your term paper, getting homework help or using the Internet, the library has the resources and staff to help you find what you are looking for.

This year join the American Library Association and libraries across the country in encouraging users to check out their local libraries.

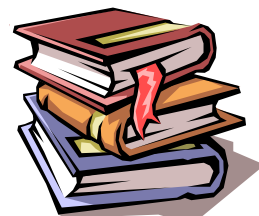
National Library Week is a great time to see what's new at your school and community library and how your librarian can direct you to the information you need when you need it.

It is also a great time to become a role model for your children. PBS and the "Between the Lions" show offer parents this advice on encouraging your children to learn to love reading.

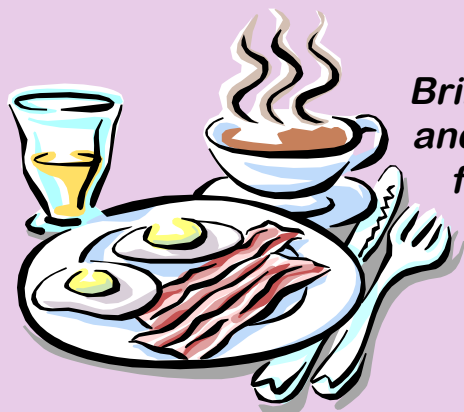
- Let your kid see you reading at home or at the library. Make reading fun. When something is fun, kids love to do it.
- Set aside a special read aloud time for the whole family. Show them you're getting books from the library too.
- As their reading skills improve, have your kids read to you.
- Keep a list of questions your child asks you. Take it with you to the library. Let your kid check out what interests them, not just what you think they should read.
- Make a special place for their books at home, where they can be easily reached.
- To teach responsibility, remind them when it's time to return the books. Reading with your children is also a great way to teach sharing.

National Library Week

April 6th - 12th



Women's Christian Prayer Fellowship Breakfast



Potluck Style

**Bring a dish/breakfast item
and a friend and join us for
fellowship and prayer!**

**When: Saturday,
April 26th at 8:30am**

**Where: Chapel Hill
Fellowship Hall**

Please call Chaplain Shaw at 2323 to RSVP

NAVSTA Personnel Recieve Awards



Navy and Marine Corps Achievement Medal

YNC Rod Perryman

OS1 Kenneth Filkins

Military Outstanding Volunteer Service Medal

AD2 Mark Thompson

AMS1 Tonya McKennie

Letter of Commendation

AM2 Kevin Koehler

AZ1 Vonterald Thomas

Meritorious Civilian Service Award

Mr. John Scott, ISD

*COMNAVBASE received the 2002
Health, Safety and Fitness
Flagship Community Service
Award.*

*COMNAVBASE received the CFC
Special Merit Award from U.S.
Southern Command.*

USNH Healthwatch: Iron Supplements

Acute iron poisoning continues to be a common and potentially lethal toxicological problem, especially in the pediatric population. There were over 40,000 reported exposures to iron-containing products in the United States in 1993 and 1994. The exposures were primarily unintentional ingestion in children younger than 6 years of age.

Many factors account for the incidence of exposures and deaths. First, iron-containing compounds such as multivitamins with iron or iron tablets are readily available and used in household nutritional supplements during childhood and adulthood, particularly during pregnancy. Second, many iron preparations are brightly colored, are sugar coated, and look like candy, making them attractive to curious young children. Finally, parents and the general public do not recognize the potential toxicity of a product that is regarded as healthy.

Legislation has been proposed to mandate safer packaging of iron products in an effort to decrease the number of serious exposures. Products containing more than 250 mg of elemental iron per bottle are required to be packaged in child-resistant containers. The Food and Drug Administration (FDA) has proposed that packages of capsules and tablets containing iron be labeled with warnings not to leave the packages open or within reach of children. The FDA has also proposed that any product with 30 mg or more of iron per pill or capsule be packaged in individual doses such as "blister packs."

Major categories of iron preparations are available, each with potential for toxicity base on their content of elemental iron. Children's chewable multivitamins have a low concentration of elemental iron

(10-18 mg per tablet packaged in bottles of 60 to 100 tablets) and are rarely associated with serious toxicity. Adult multivitamins with iron and iron supplements contain higher concentrations of iron in the form of salts. Keep in mind, the toxicity of iron results from the amount of elemental iron ingested which depends on the type of iron preparation.

In determining the management of Iron toxicity, the estimated amount of elemental iron ingested on a milligram per kilogram basis and an accurate history can help health care providers predict iron toxicity, thereby directing the triage management of patients.

Elemental Iron content of some common multivitamin products:

Adult Multivitamin with Iron

| | |
|---------------------------------------|-------|
| Centrum Multivitamins | 18 mg |
| Geritol Complete Tablets | 18 mg |
| Theragram Stress Formula High Potency | 27 mg |
| One-A-Day plus Iron | 18 mg |

Children's Multivitamins with Iron

| | |
|---|----------|
| Bugs Bunny Plus Iron Chewable Vitamins | 15mg |
| Centrum Jr.children's Chewable Vitamins plus Iron | 18 mg |
| Flinstones plus Iron children's Chewables | 15 mg |
| Poly-Vi-Sol w/Iron Drops | 10mg/1ml |
| Poly-Vi-Sol Chewable Vitamins with Iron | 12 mg |
| Sesame Street Plus Iron Multivitamins | 10 mg |

GTMO Hosts Third Annual Spouses Seminar



Above: pick up your goodie bag with all the seminar materials and grab your name tag. (Don't forget your door prize ticket)

Didn't Make it? Here's a quick look at a part of what you missed.

Right: The official ceremony began with the singing of the national anthem and the parading of colors by members of the Naval Hospital Color Guard.



Right: You can't have a successful seminar without some terrific door prizes to present to lucky ticket holders and those prizes were prominently displayed on a table at the front of the ballroom. Following the morning breakfast, those prizes went out to many lucky attendees.

Below: The annual Spouses Seminar is designed to present to local spouses, resources for information and educational sessions on numerous life enhancing activities and information. HomeDecorating Tips from Sparks Mueller is a crowd pleaser that keeps her coming back year after year to GTMO.



Below: Paperwork is a never-ending process in any successful event, as Debi Buehn knows all too well.



Below: Food wasn't the only item of interest at the seminar's kickoff early in the morning. Anyone attending the seminars was treated to numerous information tables to acquaint spouses with resources for varied services available in Guantanamo Bay.



Left: Spouses in GTMO may not have all the job opportunities, shopping, or networking resources available stateside, but that doesn't mean they can't take care of themselves. Staying healthy and taking care of yourself is a popular seminar. Here Shane Engle runs through some tips on taking care of personal care and makeup tips.



Jumping Ship: The Roadmap to Separation

The Fleet and Family Service Center Can Guide You Through the Rough Waters of Transitioning from Military to Civilian Life

To go or not to go is not the question — you're going. Whether it's after a successful career and you're eligible for retirements, or on completion of your initial enlistment, separating from the military is now a reality. And you need to be prepared.

It's OK to Jump Ship

The Navy and Marine Corps won't let you take that leap without assistance. Turning that jump into a leap of faith is the role of the personnel who run the Navy and Marine Corps Transition Assistance Management Program (TAMP)-. This program is a Department of Defense-wide initiative to help service members and their families make the transition to civilian life.

Organized under the Navy Fleet and Family Support Center, TAMP provides one-stop shopping opportunities for conducting job searches, finding relocation information and obtaining separation and veterans benefit information to help ease the transition to civilian life. Many installations have Career Resource Centers with access to computers, resources, and people who can provide one-on-one assistance in your life search.

The most popular program TAMP offers is the Transition Assistance Program (TAP), a three- to five-day seminar that discusses in detail the financial, social, and professional issues you'll face while making the transition to the civilian sector. The seminar is conducted by the U.S. Labor Department and covers everything from writing resumes to discussing what it's really like to work in corporate America.

Transitioning from the regimented security of a military life to the uncertainties of the civilian world can be one of the most stressful episodes in your life. All of a sudden, you must choose where to live, what to do, how to look. You probably need to find a job and a place to live (if you're living on base or onboard ship). You've got to think about medical coverage, dental plans, life insurance. The list seems endless. Luckily, the Fleet and Family Support Center (FFSC) can help you get you started on the right path.

In addition to the wealth of information available at the FFSC, the internet site LIFELines 2000 has lots of articles and information on making your transition smooth sailing. In addition, here are some tips to get you started in your new adventure.

Making the Decision

When you make the decision to separate from the military, your first stop should be your command's transition assistance office. There, you will be given a pre-separation counseling checklist to fill out, which is required for all separating personnel. This checklist will help you focus on your individual requirements during your transition.

As soon as possible, schedule your attendance at a Transition Assistance Program workshop. This course will guide you in detail through your transition and job search.

Spouses and TAP

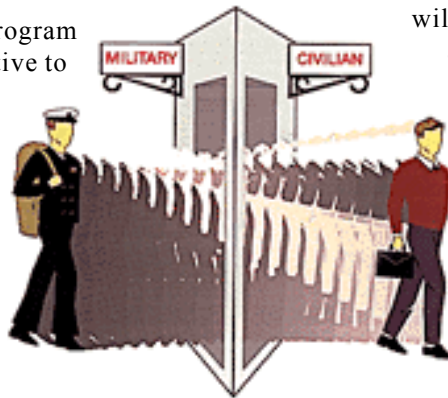
Your separation from the military will affect your better-half, as well. Transition from the military lifestyle to the civilian sector is a major change for the family, therefore encourage your spouse to attend the TAP workshop with you.

One service member commented, "I know that if I had gone to the class alone, I would have naturally absorbed the material that would pertain to me and half of what she would need to focus on, such as benefits that spouse's are entitled to."

Prior to Separation

- Make copies of your personnel, medical, and dental records.
- Begin your job search through networking, the Internet, your Transition Office and through the newspaper classifieds.
- Take a separation physical and dental examination. Take care of any medical problems now.
- Explore joining the Reserves. Affiliating with the reserves will allow you to continue your military career and may open up numerous opportunities.
- Contact the Veteran's Administration to determine your eligibility for veteran's programs. Fill out your VA Disability Application (VA Form 21-256) so you have a record of your service-connected disabilities.
- Save money for extra costs related to your separation.
- With your family, determine where you want to live. Spend some time researching the area through Internet sites

Knowing in advance what to expect as you chart your course into the unfamiliar waters of a civilian life will give you the comfort and peace you'll need to succeed. Take the guiding hand that's offered to you at the FFSC and make the transition smoothly.



Child Abuse Prevention Month

April is National Child Abuse Prevention Month. Child abuse awareness and prevention efforts are best accomplished through the use of positive and proactive approaches in education and information.

Child abuse includes physical, sexual and emotional abuse, and neglect. Research has indicated that child abuse has a long-term, negative impact upon a child's physical, intellectual, social, and emotional development. Early identification and reporting of suspected child abuse is an important component of our efforts to reduce future harm and gain assistance for Navy families.

Child abuse has a negative impact on military readiness and good order and discipline. Commands should work on a daily basis to reduce child abuse by creating a climate in which such behavior is viewed as totally unacceptable.

Family violence in any form is unacceptable and incompatible with Navy's Core Values of Honor, Courage, and Commitment. Information on identifying, reporting, and preventing child abuse can be obtained from your GTMO's Family Advocacy Program at the Fleet and Family Support Center. Call 4141 for more details.

Other resources for child abuse prevention include the following websites: www.preventchildabuse.org and www.calib.com/nccanch. The Department of Defense Hotline for child abuse is 1-800-336-4592. The national hotline for child abuse and neglect is 1-800-4a-child.

During Child Abuse Prevention Month, GTMO reminds you to be positive with the children whose lives you touch. They might be your children, or someone else's. They might be your neighbors, relatives, students in a classroom, or young athletes that you coach. Many children who have been abused can still grow up with some self-esteem intact because one person cared and valued them.

The GTMO community cares about their children and families. Working together we can find solutions to tough problems and prevent child abuse and neglect before it occurs.

Being a parent or caregiver can be a tough job. Sometimes the pressures can lead you to feel isolated and helpless—and even make you want to lash out at a child. Don't do it. If you're having trouble, get help. Talk to a friend or counselor at the FFSC. Take time out. Don't take it out on your child. Remember—a child is helpless, you are not.



APRIL IS THE MONTH OF THE MILITARY CHILD



**JOIN US
IN
CELEBRATING
OUR
FUTURE
HEROES**

Month of the Military Child Honors Servicemembers' Sons And Daughters

Their population averages over one million. They are the children, up to 18 years old, who call the Defense Department home because a parent serves on active duty.

Since 1986 the Secretary of Defense designated April as "The Month of the Military Child." The month is designed to recognize the contributions and personal sacrifice of children of military members in support of the armed forces.

Military children are raised in a diverse environment. They have the opportunity to experience different ways of life and cultures during their childhood years. As they move from place to place, they are constantly facing new challenges, continually taking part in new adventures, and forever making new friends. All of this takes place on or near the relative safety of a U.S. military installation or off-base community – places of cultural enlightenment, rather than culture shock, where Filipino lumpia may be served alongside English bangers and mash and children of highly varied global backgrounds live, study and play together in an atmosphere of tolerance.

Being the son or daughter of a service member poses unique challenges and needs. Every April, the "Month of the Military Child," has been celebrated to emphasize the importance of providing children with quality services and support to help them adjust and succeed in the mobile military lifestyle.

GTMO has various events planned throughout April in honor of this event and Child Abuse Prevention Month. The most highlighted occurs on April 19th when MWR and the Fleet & Family Support Center join forces to bring you the Children's Spring Festival at Cooper Field from 10am to 1pm.

Worship Services

Catholic Mass

(Main Chapel) **Monday - Friday**
Daily Mass (Cobre Chapel) 0630

Friday

Holy Hour/Rosary 1700
(Cobre Chapel)

Saturday

Reconciliation 1630
Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900
Eucharistic Adoration/Reflective
Prayer (Cobre Chapel)
Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100
Praise & Worship 1830

New Life

(Main Chapel) **Sunday**

Worship Service 1245
Sunday School (Sanctuary B) 1130

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday

Sunday Sacrament 0900

Monday

Families Home Evening 1800

Wednesday

Ladies Relief Society 1900

Thursday

Young Women 1900

Jewish

(Fellowship Hall)

Friday 2000

Pino Bible Fellowship

(Sanctuary A) **Sunday**

Worship 1800

Iglesia Ni Cristo

(Sanctuary B) **Sunday**

Worship 2000

Pentecostal Gospel Temple

(Sanctuary C) **Sunday**

Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B) **Saturday**

Divine Service 1100

Islamic Service

(Classroom 18) **Friday**

Worship 1300

United Jamacian Fellowship

(BLDG. 1036 - Next to Phoenix Cable)

Sunday Service 1100 & 1830

Camp America Chapel

Sunday

Praise & Worship 0900
Bus Transportation available at 8am,
Windward Loop and 8:15am, TK.

*For information about
Sunday School, Education
Programs, Bible Study,
Prayer Groups, etc. Call the
Chaplain's Office at 2323.*

W. T. Sampson SPRING RECESS April 7th - 11th



You Are Invited! The W. T. Sampson Arts Festival

A showcase of the many creative talents
of our students

Featuring a whole school art exhibit and musical
performances throughout the afternoon

Monday, March 31st

Elementary School Media Center, Atrium,
and Gardens - 4-6 pm

Refreshments served

*Come Celebrate the Creativity
of our children!*

An Invitation to the GTMO Community

The base chapel staff invites
you to come watch

Joshua - Rated G

A compassionate, heartfelt and thought provoking
epic that is a must see for the whole family!

When: 6pm. April 12th

Where: Community center

Popcorn provided! Seating for 142 persons!



TOGETHER WE PREPARE

American Red Cross Upcoming Classes:

Workplace Standard First Aid - March 29

Community CPR & First Aid - April 12

CPR for the Professional Rescuer - April 26

FMI call your Red Cross Office at 5060.

School Lunch Menu

Mar 31 - Apr 4

- MONDAY -

Cheese Burger,
Lettuce & Tomato,
French Fries,
Fresh Fruit,
Milk

- TUESDAY -

Pepperoni Pizza,
Tossed Salad,
Fruited Gelatin,
Cookie,
Milk

- WEDNESDAY -

Chicken Nuggets,
French Fries,
Tossed Salad,
Fresh Fruit,
Milk

- THURSDAY -

Teacher
Work Day
No School



- FRIDAY -

Teacher Workday

No School

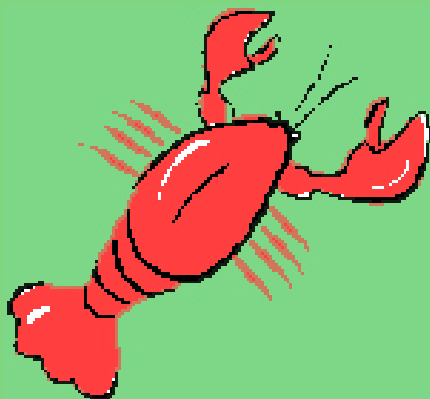
ENVIRONMENTAL REMINDERS:

Conch season is closed
base-wide in March,
April, and May.



Lobster season is closed in
the Manatee Conservation/
Marine Replenishment Zone
(Leeward Point to Caracoles
Point extending 150 yards
from the shoreline) February
1st through July 1st.

This area is also a
NO WAKE ZONE year-round.



Report poachers, call
4105 or VHS Channel 73.
They're stealing from you!

Creature Feature

*"Creature Features" are submitted by The Guantanamo Bay
Environmental Office*

Cuban Dwarf Boa

By Amy Lambertsen

The Cuban Dwarf Boa (*Tropidophis melanurus*) is common in all areas of the island but is rarely seen, since it is nocturnal. Rain forests and semi-deserts are its usual habitats and, in GTMO, they tend to hide in bunkers, under rocks, in trees, and are sometimes seen crossing the road at night.

Cuban Dwarf Boas grow to be about 23.6-27.6 inches (0.7-0.6 meters) in snout-to-vent length (snout to beginning of tail, but does not include the tail), and sometimes can reach a length of about one-meter in "snout-to-vent" length. They can weigh up to about 0.15-0.22 pounds (70-100 grams) and baby boas usually weigh about 0.0044-0.0066 pounds (2-3 grams).

The Cuban Boa's appetite consists of small frogs, toads (which are toxic to most other animals), and lizards. In order to catch lizards, the Dwarf Boas wiggle their tail, attracting the attention of the lizards. The Dwarf Boa snatches the lizard as it investigates the tail's squirming green tip. The Cuban Dwarf Boa, as with other Boas, has remnants of pelvic girdle and leg bones. Males, however, have visible claws that protrude from either side of the cloaca. When being handled, a Cuban Dwarf Boa uses a very unusual defense mechanism, in which they bleed a profuse amount from their mouths, as well as fill the scale coverings on their eyes with blood.

Boas mate during winter and, as other boas do, bear live young in early spring. A litter, depending upon the size of the female, is usually about five to ten young.

Amy Lambertsen is a senior at W.T. Sampson High School. She is doing her Student Practicum with Natural Resources.



Zoo Reseachers Return

**Toledo Zoo Researchers will be back
in May and will hold another lecture
at the beach for anyone interested
in seeing the boas up close.
Watch the Channel 4 Roller and Gazette
for dates, times and location.**

GTMO SHOPPER

FOR SALE

(1) Weider Gym for sale. \$150. Call Bill or Julie at 5736 FMI.

(2) Dive/Snorkel Gear: Scubapro Wet Suit, full length, size small, like new - \$30. Mares Fins 1 pair medium, 1 pair small \$20 each pair. Ankle booties for under fins 1 pair size 10, 1 pair size 7, \$10 each pair. Call Shane, 5869.

(2) ITEMS FOR SALE - Full size bed w/frame and headboard, \$25. Chest of drawers to match bed, \$25. Complete Computer System including Canon Bubblejet printer, original software, CD-Rom and Pentium Processor, \$250 OBO. Kenmore Lg Capacity Microwave, \$35. Call Shane, 5869.

(2) Carpets - 8x10 Tan carpet, \$15. 9x13 Cream carpet, \$25. Navy blue hallway runner, \$20. Call 5869.

(3) ITEMS STILL AVAILABLE - Desk/Hutch and chair set; Kid's 49er's locker; White rocking chair; 5pc bedroom set - FMI, call 5559.

(3) ITEMS FOR SALE - 34 inch/ Zenith TV/Picture in Picture/Original Price \$1200/Asking \$500; Outdoor Patio Set/Glass Top Table/Umbrella/ Six Chairs w/cushions, \$75; Bicycle/ Jeep Mountain Bike/Brand New/NEX Price 269.99/For Sale \$200. Char-broil Propane Grill, \$100. Call 5703

(3) Competition Car Audio Components - 2 high powered sub amps (1-1200 watts; 1-1800 watts); 2 Audiobahn Competition subs (1-15"; 1-18"); System Augmentation battery (Optima Yellow Top); Custom boxes for each sub. FMI, call Brad at (h) 7148 or (w) 4681.

VEHICLES/BOATS

(1) Pontoon Boat for sale. \$800 OBO. 14-ft., battery charger, marine radio. Price negotiable. Call 7490 or 5681.

(2) 1988 Suzuki Samurai Jeep. Good running condition. New tires and brakes. Removable top. Great GTMO vehicle. \$2,500. Call Shane at 5869.

(3) 1982 Honda Accord. Very Dependable - \$1,500 firm. Call (w) 5191 or (h) 8161.

WANTED

Needr 1 fish tank with lid and light. Call Nico at 5603

Looking for a Little Tykes outside activity gym w/slide. Please call Tonya at 5533.

Looking for someone to fill a CO2 bottle (or tell me how to get it done). If you can help call Andy at 7025.

Vehicle wanted for new family on GTMO. PCSing soon or considering parting with your vehicle, call 7310.

EMPLOYMENT

Navy Federal Credit Union is seeking a mature, energetic person with good people skills and a professional attitude to join our team. We have a part-time Member Service Representative position available. FMI, contact Kim Veditz at 4333.

The Navy Exchange is looking for **Barbers, Beauticians and Nail Technicians**. All supplies and tools are provided and earn a competitive, commission salary. Full-time, part-time and flex positions available. Work in a newly renovated, professional salon while making a contribution to your community. A license from any state is acceptable. FMI, call Mary Beth at 4119.

"The Navy Exchange is looking for a **Receptionist for the Barber/Beauty Shops**. Full-time, part-time or flex positions available. Set the tone for a positive, professional environment. Experience preferred but not required. FMI, please contact Mary Beth at 4119.

EDUCATION SERVICES P/T Facilitator. 20 hrs/flex avail at Navy College Learning Center. \$13.00/hr. Min. Req.: B.A/B.S accredited. dgr, exper. w/adult learners, computer. lit. email résumés to academic@gtmo.net or call Olga Cowley or Michelle Zapf at 3997.

Following are job vacancies open through the Human Resource Division. FMI, call 4822 or 4430.

Vacancies:

Open Continuous Vacancies: Firefighter, 1st cutoff 11/20/02, closes 11/06/03 - Open to permanent, full-time Jamaican Foreign National employees recruited and are employed by MWR, NEX, Naval Station and Tenant Commands serviced by the Naval Station HRO and Jamaican Foreign National contractor employees.

Supply Technician (OA), 1st cutoff 02/27/03, closes 08/12/03

Translating Assistant, 1st cut off 02/26/03, closes 08/11/03 - Males only.

ANNOUNCEMENTS

Love to knit & crochet, or would like to learn. Call Ruth @ 5579, leave message if no answer, or e-mail: unruhuth@yahoo.com

Double the Joy

It's a GIRL!



Ciera Alise (4lbs 6ozs; 17.75in)
& Kiera Arie Gardner (4lbs 11ozs; 17.75in)
Born February 11th, 2003
at NNMC, Bethesda, Md.,
to Umkembia and William Gardner

YARD SALE

Moving Sale: Electronics, kitchen items, men's clothing LG/XLG, nice women's clothing sizes 4 & 6, shoes, lines, curtains, misc household decorations, and misc furniture. Center Bargo 1187. Gate opens at 7am!

Saturday, March 29, 7am Marine Site Neighborhood Garage Sale. Many families with lots of great things for sale. Come and check it out, but just don't come before 7am!

LOST & FOUND

2 pair Lost Glasses - **One pair** prescription glasses. I lost them last week I believe during the rainstorm. They are a pair of rimless prescription glasses always in a

brown eyeglass case. The glasses have a blue upper rim. Inside the glass case should be a green lens cloth written on it "Cohen's Fashion Optical". The **other pair** are sunglasses, no case. They are brown Ray Bans with a gold rim. I lost them 2-3 weeks ago I believe in the Marine Hill Area. If anyone happens to located any of these pairs please call Sarah at 8004.

PERSONALS

John Scott - You are the love of my life. I love you with all my heart. I will be lost without you here. I can't wait for you to return for the graduation of our daughter Chrissy. What will I do without you!!! Don't buy a house without my approval!!!! May the Grace of God follow you everywhere you go. Your loving wife, Randi



Welcome Aboard!

Lily Katharine Kirk

Born: March 25, 2003

7lbs 10oz ; 20"

to Amy and Lee Kirk



NATIONAL SECURITY

Comedy
1 hr. 40 min.

Starring:
Martin Lawrence ,
Steve Zahn,
Eric Roberts,
Timothy Busfield



Earl Montgomery a police academy reject, and Hank Rafferty, a disgraced cop, can't seem to escape each other. As lowly security guards they're thrown together to bust a smuggling operation. Despite resistance from each other Earl and Hank begin to unravel the sophisticated scheme led by Nash and his band of thugs.

BRINGING DOWN THE HOUSE



Comedy
1hr. 45min
Starring:
Steve Martin,
Queen Latifah,
Eugene Levy,
Jean Smart

Peter Sanderson is a straight-laced, uptight attorney who still loves his ex-wife. However,

Peter's trying to move on, and he's smitten with a brainy, barrister he's been chatting with on-line. When she comes to his house for their first face to face, she isn't Ivy League, and isn't even a lawyer. Instead, it's Charlene, a prisoner escapee.

FINAL DESTINATION 2

Thriller/Suspense
1 hr. 30 min.

Starring:
Ali Larter,
A.J. Cook,
Michael Landes,
Terrance Carson



Driving with a group of friends to Daytona Beach, Kimberly has a premonition that saves them all from a catastrophic freeway pileup...or so it seems. It's a roller coaster ride of fear and fate as Kimberly races to save her friends and herself from the implacable jaws of death.

Movies

FRIDAY, MAR 28

7pm Pinocchio
PG 100min

9pm Kangaroo Jack
PG 89min

SATURDAY, MAR 29

7pm Bringing Down The House
PG13 105min

9pm Final Destination 2
R 90min

SUNDAY, MAR 30

7pm National Security
PG13 90min

MONDAY, MAR 31

7pm Cradle 2 The Grave
PG13 105min

TUESDAY, APR 1

7pm Narc
R 106min

WEDNESDAY, APR 2

7pm Kangaroo Jack
PG13 89min

9pm Bringing Down The House
PG13 105min

THURSDAY, APR 3

7pm National Security
PG13 90min



TRIATHLON

March 29, 2003

5:30am at Ferry Landing

3/4 Mile Swim

25 Mile Bike

10k Run

T-Shirts, Trophies and Specil Prizes
3 Persons Team Relay and Individuals
FMI Call 2193

CAPTAINS CUP PAINT BALL TOURNAMENT

March 30, 2003

1pm at Cooper Field

5 vs 5 Man Double Elimination

Speed Ball

Teams Must Sign Up No Later
Than March 27th at The Paintball
Range, Gym or Marina.

No Equipment Rental Fees.

Field Paint Only.

FMI Call 2345

SPRING SAILING REGATTA AND WATER FESTIVAL

April 5, 2003 at 10am

Catalina- Open (17+) Division
JTF GTMO vs NAVSTA Catalina Race

Paddle Boat Races,

Side Walk Chalk Drawing Contest,
Fishing Tournament: March 29-31st

Food and Refreshments Available.

FMI Call 2345

YOUTH BOWLING TOURNAMENT

April 7, 2003

12noon at the Bowling Center

6 and under

7 - 10 year olds

11 - 17 year olds

Entry Fee \$5

1st and 2nd Place Winners

FMI Call 2118

PARENT'S NIGHT OUT

April 19th 5:30pm to Midnight

A reservation fee of \$2.50 is due by
April 16th to hold
a spot for your child(ren).

An additional fee of \$1.50 is due for
each additional child. The reservation
fee is non-refundable. One hour-\$2.50,
two hours-\$5.00 and three or
more hours-\$12.00

FMI Call 3664

For more information on any of the events
listed above, call 5225.